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PASTA MAKEOVER
POTATOES REPLACE NOODLES IN THIS LASAGNA {page 25}



GOING... HATS OFF TO THE HIGHEST BIDDER {page 20}



OTTAWA

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Tuesday, May 24, 2011
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News worth sharing.

Arrest in child luring

► 14-year-old arrested Saturday after someone attempted to lure girls into woods near Bellevue Manor ► Boy alleged to have lured, sexually assaulted 11-year-old girl: Police

Working off tips from the public, police have arrested a 14-year-old boy who they allege tried to lure young girls into the woods near a West End housing project.

The suspect, who cannot be named due to provisions of the Youth Criminal Justice Act, is facing charges of sexual interference, sexual assault, and abduction.

"Police had been in contact with his family, but he did not turn himself in. Police attended and arrested him," said Det. Dave West.

Yesterday, two young girls were playing in the playground while a group of young men played basketball in the court. The girls' parents were blocks away.

"I don't like the thought of that stuff happening around here, it doesn't make the neighbourhood look any better — it's already bad as it is," said one of the basketball players, 21-year-old Jean-Guy Proulx.

Usually the park would be full of people, since it's the perfect place to be on a beautiful afternoon, but news of the child luring incidents is keeping people away, he said. ● JESSICA SMITH



► Bellevue Manor Park was sparsely populated despite fair weather yesterday, leading some to say the recent child luring incidents had scared people away. More coverage, page 3 and at metronews.ca/ottawa.

Doomsday

5 more months?

► Preacher Harold Camping now says Judgment Day actually will come on Oct. 21 ► Original doomsday forecast was for Saturday {page 6}

'Glee Yoga'

Hot hatha yoga teacher puts a musical twist on classes {page 22}



Toyota gets networking

Car company investing big bucks into social networking plan {page 12}

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Grand. Prix



► Men competing in the Grand Prix Cycliste de Gatineau run a parallel race Sunday.

MARC DESROSIER/FOR METRO

Competitors roll to finish at Gatineau bike race

Brett Tivers finished first with a time of 2:27:12. Antoine Duchesne and Pierrick Naud tied for second. A day before, Giorgia Bronzini of Italy won the second annual women's Grand Prix Cycliste de Gatineau, beating last year's winner, Joelle Numainville of Montreal. Olympic cycling medallist Clara Hughes came in eighth.

Youth can be rehabbed: Expert

► Data shows between 75 to 98 per cent of 'sexually abusive children' never re-offend if treated

JESSICA SMITH
@METRONEWS.CA

An expert in the treatment of sexual disorders says sex crimes involving adolescent offenders are coming to the courts more often — but the prospects for rehabilitating the young teens is high.

Dr. Paul Fedoroff said he couldn't comment specifically on the case of a 14-year-old boy who is accused of luring an eight-year-old girl and an 11-year-old girl

into the woods near Bellvue Manor Park, but he said in cases where sex offenders are only 14 years old, "they have a very good prognosis once they've been apprehended."

When teens are treated, experts often help them address other problems in their life, not just their sexual behaviours, he said.

"Most times when we see adolescent offenders, they have other problems as well. Problems with their families, drug or alcohol abuse, or difficulties in school, and those types of

problems become the main focus of attention," he said.

The age difference between victim and perpetrator isn't always the first concern, he said.

In a case involving a teen luring younger children from a park, experts "would be concerned most by the luring — regardless of the age difference — or the possibility that there was an attempt to engage in non-consensual activity, that is the main red flag," he said. "And obviously, the greater the age difference the greater the concern

would be."

A pedophilia diagnosis applies when there is an age difference between offender and victim of at least five years, but only when the offender is over 18, he said.

Fedoroff runs a sexual behaviours clinic at the Royal Ottawa Mental Health Centre. He said people treated there after being arrested often say it was the best thing that ever happened to them — because they got help.

"You don't have to be arrested to be seen in our clinic," he added. "We much

"People during adolescence are only still developing their interests and behaviours. Activities at that age may not persist."

DR. PAUL FEDOROFF, ROYAL OTTAWA MENTAL HEALTH CENTRE

prefer when people recognize they have a problem and come in on their own before they've committed an offence."



Health experts offer ways to break the habit of unhealthy late-night snacking. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

The burden of Canada's shortfall on UN commitment to accommodate the mentally disabled weighs heavily on parents. Video at metronews.ca

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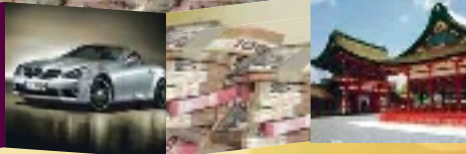
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04

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TUESDAY, MAY 24, 2011

Victoria Day weekend ends with a bang

► Royal Pyrotechnie already planning for Canada Day fireworks ► Marks end of largest Tulip Festival in world

JOE LOFARO/METRO

Hundreds of kids took one last ride on the merry-go-round yesterday in Queen Juliana Park as the city celebrated the end of the Victoria Day weekend and the last day of the 59th edition of the Tulip Festival.

With the exception of a brief afternoon downpour, the weather held up so parents like Cristina Barresi could take their kids out to see the tulips and, of course, go on the rides.

"We wanted to take advantage because today was the last day to enjoy some nice weather, rides and some tulips," said Barresi, as her son Ramsay and his two friends were jostled in a kiddie roller-coaster.

Across the park, Royal Pyrotechnie set up last night's \$15,000, 15-minute fireworks extravaganza, which was set to close the festival.

● JOE LOFARO

"I want something to continue all the time with different effects, from comets to wheels and different stuff"

YANICK ROY, ROYAL PYROTECHNIE



► Gerry Moore prepares a row of fireworks in Queen Juliana Park yesterday for the closing celebrations of the Victoria Day weekend.

GUNS AND GANGS

Gunshots fired in Byward Market

Officers were called to Beausoleil Drive and York Street in Byward Market at about 10:50 p.m. on Saturday after several people reported hearing gunshots, police said.

Officers found several

recently fired shell casings on the ground. However, after checking local hospitals and speaking with witnesses, they found no gunshot victims.

The guns and gangs section of the Ottawa police is investigating. Anyone with information is asked to call 613-236-1222 ext. 5050 or Crime Stoppers at 613-233-8477 (TIPS).

● JESSICA SMITH



For more local news, visit metronews.ca

Police seek witness in fatal crash

The Ottawa OPP are looking for a witness as they investigate a fatal collision that took place on Highway 417 near Innes Road at approximately 5:45 p.m. on Sunday.

The person police would like to speak to was in the median separating the east-bound and westbound lanes of the highway, officers said. ● JESSICA SMITH

News in brief

Playground
booby-trapped

SICK PRANK. Police are investigating after someone melted box-cutter blades into a children's play structure at a park under construction in Orleans. Police say a passerby noticed the booby trap on Thursday at the park near the corner of Trim Road and Springridge Drive. All of

the blades were positioned with the tip sticking up to inflict injury if a person slid or climbed onto the structure. City crews rendered the structure safe. Other neighbourhood parks were checked for similar vandalism, but the incident appears to have been isolated, police say. Anyone with information is asked to contact police at 613-236-1222 ext. 3566, or Crime Stoppers at 613-233-8477 or toll free at 1-800-222-8477.

● METRO

Royal Ottawa
patient sought

MISSING. Police are looking for 31-year-old Sylvie DaSilva after she left the Royal Ottawa Hospital without permission Sunday. She is white, five feet six and 140 pounds, with long dark hair. She was wearing a black ski jacket and blue jeans. Anyone with information is asked to call the Ottawa police Mental Health Unit at 613-236-1222 ext. 5115, or Crime Stoppers at 613-233-8477. ● JESSICA SMITH

Officials investigating
Kanata townhouse blaze

A fire that burned eight unoccupied townhouses under construction on Remnor Avenue in Kanata on Friday night caused about \$2.5 million in damages, fire officials said yesterday.

Almost 60 firefighters and 22 fire trucks were called in to fight the blaze.

No one was injured. The cause of the fire is under investigation.

● METRO

► The aftermath of the blaze at 604 Remnor Ave. in Ottawa's west end.



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News in brief



Obama toasts Irish roots

U.S. President Barack Obama visited the Irish town of Moneygall yesterday where his great-great-grandfather lived before moving to the United States in 1850. Obama's Irish roots were discovered during the 2008 presidential campaign.

THE ASSOCIATED PRESS

EU urges Mideast talks

The EU will push other world powers this week

for a resumption of Mideast talks since U.S. President Barack Obama called for a peace treaty between Israel and the Palestinians based on the 1967 borders. A joint statement from EU ministers says that it is a "matter of urgency."

THE ASSOCIATED PRESS

Book tells all about Palin



A former member of Sarah Palin's inner circle, Frank Bailey, has written a scathing tell-all of the former vice-presidential candidate. Blind Allegiance to Sarah Palin: A Memoir of Our Tumultuous Years is based upon emails kept during Bailey's time with Palin. The Alaska attorney general's office is investigating the use of the emails.

THE ASSOCIATED PRESS

Rapture in October?

- Preacher sought refuge in motel after prediction failed to occur
- Crestfallen followers turn their attention to more earthly concerns

California preacher Harold Camping said yesterday his prophecy that the world would end was off by five months because Judgment Day actually will come on Oct. 21.

Camping, who predicted that 200-million Christians would be taken to heaven Saturday before the Earth was destroyed, said he felt terrible when his doomsday prediction did not come true. His independent ministry, Family Radio International, spent millions — some of it from donations made by followers — on more than 5,000 billboards and 20 RVs plastered with the Judgment Day message.

But Camping said that he's now realized the Apocalypse will come five



► Becky Friedman stands outside a Rapture party on Saturday in Tacoma, Wash.

months after May 21, the original date he predicted. He had earlier said Oct. 21 was when the globe would be consumed by a fireball.

It's not the first time the independent Christian radio host has been forced to explain when his prediction didn't come to pass.

He also predicted the Apocalypse would come in 1994, but said it didn't happen then because of a mathematical error.

Camping made a special statement before the press at the Oakland headquarters of the media empire that has broadcast his message. His show, "Open Forum," has for months headlined his doomsday message via the group's radio stations, TV channels, satellite broadcasts and website.

Apocalyptic thinking has always been part of American religious life and popular culture. But the majority of Christians reject the idea that the exact date or time of Jesus's return can be predicted.

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Romance. Reigns.

► Bhutan's 31-year-old Oxford-educated monarch, Jigme Khesar Namgyel Wangchuck, left, poses with his fiancée, 20-year-old Jetsun Pema, a student at London's Regent's College, in Thimphu, Bhutan.

ROYAL OFFICE FOR MEDIA, KARMA NIDUP/THE ASSOCIATED PRESS

A royal engagement

"As king, it is now time to marry," Bhutan monarch Jigme Khesar Namgyel Wangchuck said Friday at the end of an address to Bhutan's parliament in the capital, Thimphu, that was also attended by members of the royal family and elected representatives.

High-level U.S. diplomat meets with Libyan rebel leaders

► Rebels have been helped by NATO bombing ► Gadhafi still has a grip on country's west, including Tripoli

The highest-ranking U.S. diplomat in the Middle East was in the de facto rebel capital in eastern Libya in a show of support yesterday while in Europe, France and Britain pledged to deploy attack helicopters to help the rebel cause.

A State Department statement called the visit by Jeffrey Feltman, assistant secretary of state for Near Eastern Affairs, "another signal of the U.S.'s support" for the rebels' National Transitional Council, which it called "a legitimate and credible interlocutor for the Libyan people."

Several countries, including France and Italy, have recognized the NTC, while

the United States, Britain and others have established a diplomatic presence in Benghazi.

Libya's rebels have scrambled to organize their fighters and create a political leadership since the outbreak in mid-February of the uprising that seeks to oust Moammar Gadhafi, in power for more than four decades.

Rebels now control the populated coastal strip in the country's east and the western port city of Misrata, which Gadhafi's forces have besieged for months. They also control pockets in Libya's western Nafusa mountain range.

THE ASSOCIATED PRESS

Space shuttle Endeavour, ISS get their close-up

A Russian Soyuz space capsule backed away from the International Space Station yesterday, setting the stage for an unprecedented close-up photoshoot of the combined space station and shuttle Endeavour.

It was the first time another spaceship has taken

close-up images of a shuttle docked to the space station.

Three of the six space station residents were heading home after a five-month mission. Their capsule was to land yesterday evening in Kazakhstan.

THE ASSOCIATED PRESS

U.S. charges 13 in Philadelphia organized crime bust

The reputed boss of the Philadelphia mob, his alleged lieutenant and 11 others were hit with federal criminal conspiracy and gambling charges in an indictment unsealed yesterday that federal authorities

said shows that violent organized crime remains a real-life menace.

Alleged mob leader Joseph (Uncle Joe) Ligambi, reputed underboss Joseph (Mousie) Massimino and the others ran illegal gambling operations and engaged in charging exorbitant interest on loans, according to the 70-page indictment.

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U.S. twister toll may rise

CHARLIE RIEDEL/THE ASSOCIATED PRESS

► Threat of more severe weather for Midwest ► Search-and-rescue efforts hindered by thunderstorm

Rescue crews in Joplin, Mo., dug through piles of splintered houses and crushed cars yesterday in a search for victims of a tornado that blasted much of the Midwestern town off the map and slammed straight into its hospital.

At least 116 people died, making it America's deadliest single tornado in nearly 60 years and the second major tornado disaster in a month. An unknown number of people were hurt.

Authorities feared the toll could rise as the full scope of the destruction comes into view: House after house reduced to slabs, cars crushed like soda cans, shaken residents

Powerful storm

- Tornado was given an initial rating of EF4, the second-highest for twisters.
- It moved up to 318 km/h and was 1,200 metres wide at times.

roaming streets in search of missing family members. And the danger was by no means over. Fires from gas leaks burned across town, and more violent weather loomed, including the threat of hail, high winds and even more tornadoes.

The twister was one of 68 reported in the Midwest last weekend.

THE ASSOCIATED PRESS



► An emergency vehicle drives through a severely damaged neighbourhood in Joplin, Mo., yesterday.

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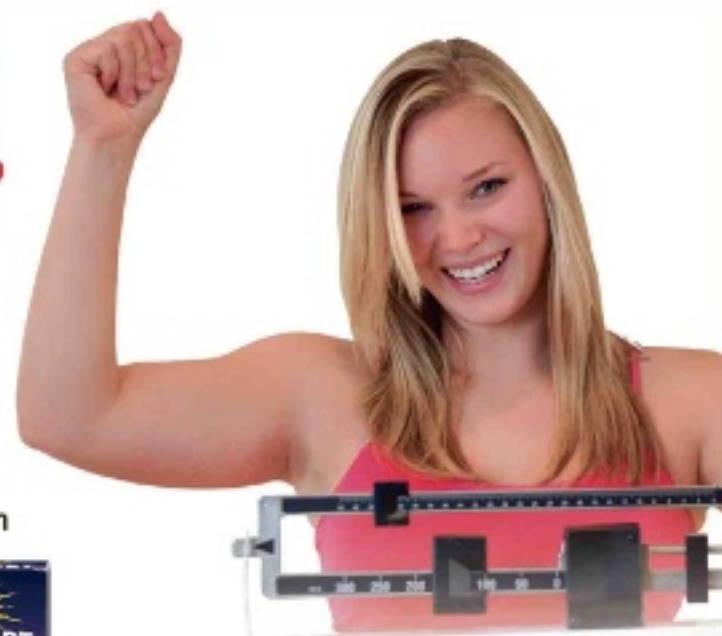


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Slave Lake residents tour ash and rubble

NANCY GORDY/FOR METRO

Residents of Slave Lake, Alta., knew there would be shock and tears when they boarded buses yesterday to briefly return to their fire-ravaged town. But it was the optimism they felt by the end of the trip that caught them by surprise.

"It made me feel much better," said Brenda Derkoch after stepping off the bus that returned to the evacuation centre in Athabasca. "My house is gone, all my neighbours' houses are gone, but we have all our schools. We have the hospital. We have so many people out there working so hard for us."

► A tarantula, among many other pets, has taken up residence at the Edmonton Humane Society until its owners, who have had to relocate from Slave Lake, Alta., are able to care for it.



Still, seeing the smoldering, levelled wasteland the fire left behind was tough for some.

One week after a wild-

fire reduced a third of the town's buildings to ash and rubble, some 250 residents returned to the area.

THE CANADIAN PRESS

50 pets found

The animal rescue mission continued in

Slave Lake, Alta., this weekend, with the Edmonton Humane Society recovering 50 more pets from the wreckage.

"Remarkably, we

haven't found an animal that required serious medical care," said EHS spokesperson Shawna Randolph.

● CHRIS SAVAGE

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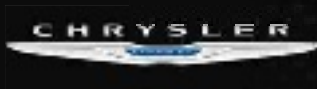
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Toyota gets networking

▶ Car company hopes social networking plan will inspire customers to give feedback about how cars are working ▶ Is investing \$5.5 million

Toyota is setting up a social networking service with the help of a U.S. Internet company and Microsoft so drivers can interact with their cars in a way that's similar to posting on Facebook or Twitter.

Japanese automaker Toyota Motor Corp. and Salesforce.com announced their alliance yesterday to launch Toyota Friend, a private social network for Toyota owners.

In a demonstration at a Tokyo showroom, an owner of a plug-in Prius hybrid found out through a cell-

phone message from his Prius that he should recharge his car overnight.

When the owner plugged in his car to recharge it, the car replied, "The charge will be completed by 2:15 a.m. Is that OK? See you tomorrow."

Since many next-generation cars need to be recharged, drivers may need real-time information, such as the battery level of their cars and locations of charging stations, more than regular gas-engine cars.

The exchanges can be kept private or be shared

"I hope cars can become friends with their users, and customers will see Toyota as a friend."

PRESIDENT AKIO TOYODA

with other Toyota Friend users, as well as made public on Facebook, Twitter and other services.

If your car is up for an inspection, for example, the owner will be notified through Toyota Friend, which will in turn automatically link to a dealer

to set up an appointment.

The companies did not give details of how the technology, such as the content of the talking car's dialogues, will be managed. But officials said the answers will be automated through sensors in the car.

Many cars are already equipped with network capabilities that can function as a mobile device. Toyota's service will start in Japan in 2012, and will be offered later worldwide, initially with electric vehicles and plug-in hybrids, according to Toyota.

THE ASSOCIATED PRESS

News in brief

Toyota needs to listen: Panel

SERVICE An independent panel set up to review Toyota Motor Corp.'s safety and quality issues says the company doesn't do a good job of incorporating customer feedback into its car designs.

The panel says Toyota should appoint executives who are responsible for safety and should give more power to regional executives outside Japan. **THE ASSOCIATED PRESS**

Shares drop for Ryanair

AIRLINE. Ryanair shares are falling after the leading budget airline announced it would ground 80 aircrafts this winter and reduce passenger traffic for the first time in its history.

The Dublin-based airline said weak winter demand meant it would cost less to ground the jets — more than a quarter of its fleet — than to operate them at a loss from October to March. The airline carries four per cent fewer passengers than in the previous winter.

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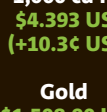
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Market moment

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			Gold \$1,508.90 US (+ \$16.50 US)

PRICES AS OF 5:30 P.M. EDT

Greece's borrowing rates hit new record

Greece's borrowing costs surged to another record yesterday, as the crisis-hit country's prime minister chaired emergency talks to deepen austerity measures beyond his own government's term in office.

A cabinet meeting began as yields rose above 17 per cent for Greek 10-year bonds, hitting a new record margin — or spread — over the benchmark German rate.

Greece suffered another bond downgrade late Friday from the Fitch ratings agency, lowering its investment ranking by three notches deeper into junk status. Prime Minister George Papandreou conceded over the weekend that plans to return to bond markets next year may not be achievable.

The European Union wants cross-party support in Greece for a new 2011-2015 austerity program. Papandreou is to meet opposition leaders today in

\$32.8B The EU wants cross-party support in Greece for a new austerity program, worth at least \$32.8 billion.

an effort to seek consensus.

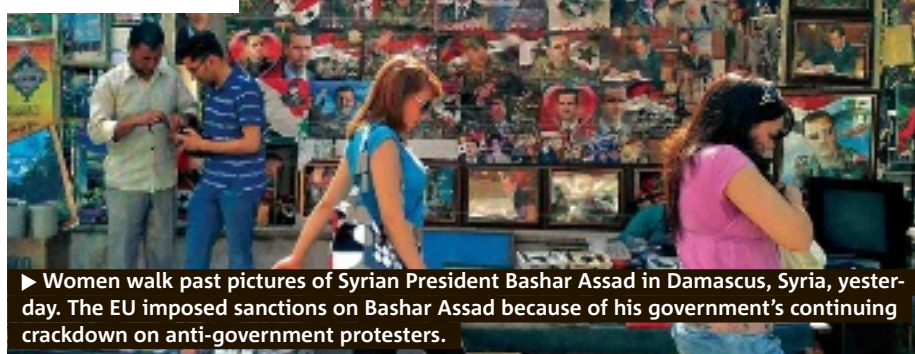
His government is also finalizing additional austerity measures for 2011 worth \$8.5 billion, or double the original amount planned, to correct this year's disappointing fiscal performance — in fresh cuts expected to sweep away tax exemptions and possibly slap additional taxes on wealthy home owners.

The government is also to consider layoffs in the traditionally well-protected civil service, which could spark protests.

The economy is being kept afloat by \$156.6 billion in a 2010-2013 package of rescue loans from European countries and the International Monetary Fund.

THE ASSOCIATED PRESS

Frozen. Assets



THE ASSOCIATED PRESS

Syrian leader faces power freeze

More than 900 people have reportedly been killed since the government's crackdown on protesters. The 27-nation EU instituted an assets freeze and visa ban on Syrian President Bashar Assad and nine other members of his regime.

IF AT FIRST YOU DON'T SUCCEED ...

SHE SAYS ...

JESSICA NAPIER
METRO



Before you go any further I should warn you, this is not an inspiring column about chasing your dreams and doing what you love. This is about expectations management and some realistic advice on how to get a job (any job).

Every May, a fresh crop of university graduates emerges from the cosy bubble of undergraduate life, ready to face the rejection-letter reality of the working world. Don't worry, we've all been there.

"What have I done with my life ... why did I ever get an arts degree?"

But don't fret new grads, you won't be broke forever. Eventually, you will get over your quarter-life crisis, get off the couch and you will find a job. It might not be right away, but employment will happen, just as long as you don't do any of the following:

Be lazy: Spelling and grammatical errors on your resumé are inexcusable; as are limp-wristed handshakes. Never underestimate how far a firm grasp and a properly placed semicolon will take you.

Make demands: Asking an employer to postpone your start date until after your birthday, indicating that you will need to bring your German shepherd into the office every Friday or any other outlandish requests will not be tolerated in today's cutthroat job market.

Be obnoxious: A hard and fast way to never get hired is to indirectly insult the person doing the hiring.

A friend of mine, a manager at a retail store, recently interviewed a new grad for a sales position. This is what transpired:

Question: "Where do you see yourself in five years?"

Answer: "Well, I'll be 26 by then (gasp — the horror!) so I'll probably have my life figured out — you know, have a real job."

My friend was unimpressed. And by the way, I don't know any 26-year-olds who have their lives "all figured out." In fact, most of the people I know younger than 40 are still trying to get it together.

Be a social media saboteur: Avoid tweeting excessively about failed interviews, bad-mouthing former employers or any other spiteful online commentary that would make you a human resources nightmare.

Feel entitled: Just because this isn't your dream job doesn't mean you are too good for it. If you are a desperate 20-something living in your parents' basement looking to pay off some student loans, then be prepared to settle.

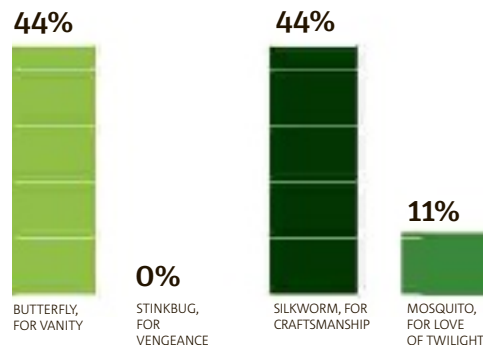
And if all of your hard efforts don't pay off, just remember, there's always grad school.

Read more of Jessica Napier's columns at metronews.ca/shesays



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and take the quick poll

If you had to be one of these four bugs,
which would you be?



Worth mentioning

CAIRO, Egypt. A Saudi woman was arrested for a second time for driving her car in what women's activists said yesterday was a move by the rulers of the ultraconservative kingdom to suppress an Internet campaign encouraging women to defy a ban on female driving.

Manal al-Sherif and a group of other women started a Facebook page called "Teach me how to drive so I can protect myself," urging authorities to lift the ban, and posted a video clip last week of al-Sherif behind the wheel in the eastern city of Khobar.

The page was removed after more than 12,000 people indicated their support for its call for women drivers to take to the streets June 17 in a mass drive.

Al-Sherif, a 32-year-old IT expert, was arrested at dawn yesterday and accused of "violating public order," according to a security official who spoke on condition of anonymity because he was not authorized to speak to the media. She was ordered held for five days while the case was investigated. **THE ASSOCIATED PRESS**

Cartoon by Michael de Adder



WEIRD NEWS

No problem catching this tiger by the tail

Police scrambled helicopters and ordered tranquilizers to hunt what they feared was an escaped wild animal in southern England — but found the tiger was just a toy.

Hampshire police say they responded after several residents called in to say they had seen a white tiger in a field near a golf course in Hedge End, near the English coastal city of Southampton.



► The toy tiger.

A tongue-in-cheek recorded message posted to the force's media line said that after "a brief stalk through the Hedge End savannah ... it became obvious that the tiger was a stuffed, life-sized toy."

A second message posted yesterday emphasized police had a duty to take such sightings seriously. As for the renegade tiger? "It's being treated as lost property." **THE ASSOCIATED PRESS**

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Cuba..... 89.9 ¢/min	Pakistan..... 5.9 ¢/min	U.K..... 2.9 ¢/min
El Salvador..... 9.9 ¢/min	Philippines..... 11.9 ¢/min	Vietnam..... 4.9 ¢/min
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scene

Box office

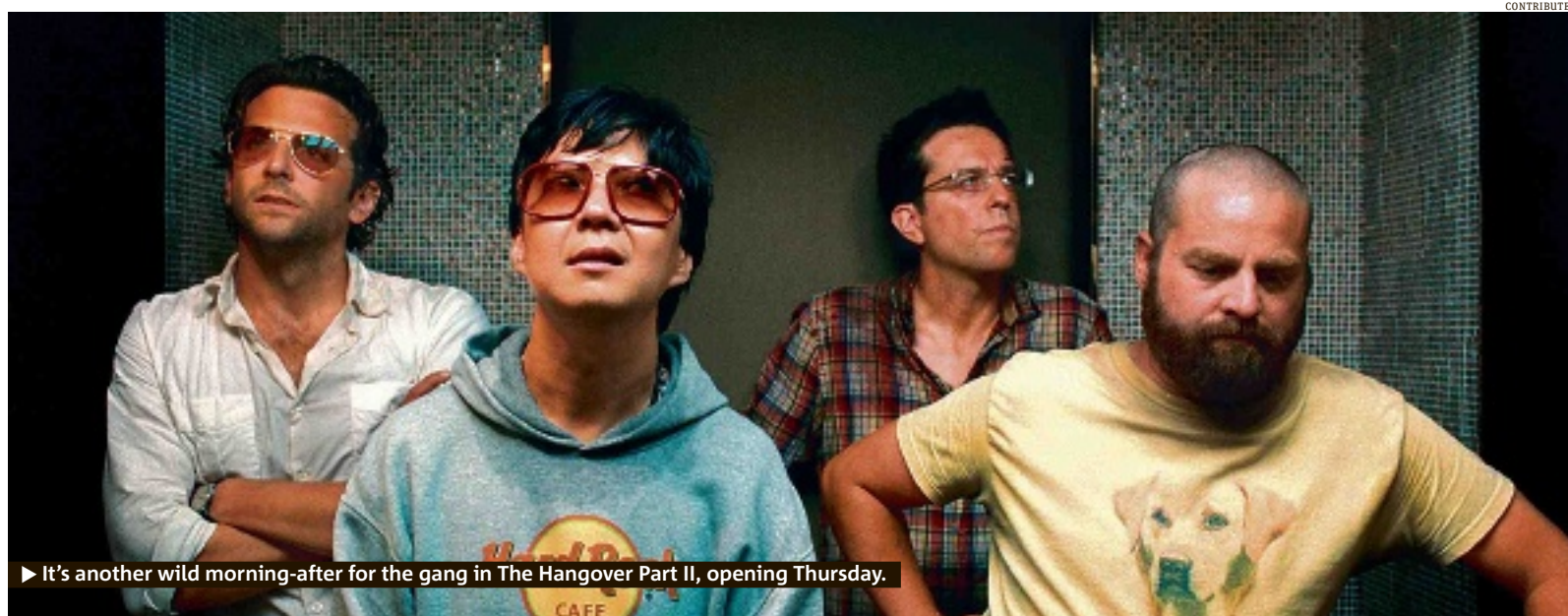


The reengineered Pirates of the Caribbean sequel On Stranger Tides found its smoothest sailing overseas, where it took in a record \$256.3 million at the international box office, according to studio estimates yesterday.

THE ASSOCIATED PRESS



After marriage to ex-Beatle, N.Y. transit board member Nancy Shevell will be Lady McCartney



► It's another wild morning-after for the gang in The Hangover Part II, opening Thursday.

The wolf pack is back

► Bradley Cooper, Zach Galifianakis and Ed Helms return, this time in Bangkok. With a monkey.



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METRO WORLD NEWS IN HOLLYWOOD

After the life-threatening escapades of the first Hangover film, you'd think the "wolf pack" — played by Bradley Cooper, Ed Helms and Zach Galifianakis — would learn to take it easy when celebrating before a wedding.

But The Hangover Part II finds the three in a familiar predicament — though in a very unfamiliar location.

In Thailand for Helms' character's wedding (at a plush island resort), the three wake up in a run-down Bangkok hotel room with no memory of the night before — and once again missing a member of

their party. But the exotic location isn't the only thing different about the sequel.

"This movie is more about the dynamic of the three guys, and you really get to know them," Cooper says. "For me, watching the first one, it could almost be boiled down to one joke. The whole movie's a setup and the punch line is the credits. When you get to the end of this movie, I'm excited to see the credits, but that's not what I've been thinking about the whole movie."

Revisiting the characters meant getting to show different sides of them, something Galifianakis was thrilled about.

"I think we all wanted to see us turning against

each other a bit, which was fun to watch. It kind of calls for it," he says. "I think that was something kind of new that we explored."

Of course, what was most exciting for the co-stars was heading to the other side of the world to film.

"I just fell in love with Bangkok. We spent two weeks in a resort town, and I couldn't wait to get back to Bangkok," Cooper says, and Galifianakis agrees.

"The jet-lag was a little bit tough, but once you got there and you got settled in, the people are so brilliantly nice that you feel welcome. It's a great society, it really is," he says.

Settling in to Bangkok, Cooper found himself es-

chewing the local cuisine. "I actually took a liking to Top Menu, which was a Chinese restaurant that I ate a lot at in Bangkok," he says, though Helms is quick to dismiss his co-star's culinary choices.

"It really is just like any Chinese takeout place in New York City," Helms says.

Of course, that attitude — and an appetite for more authentic cuisine — may have been responsible for some major discomfort The Office star suffered while on location.

"I had a very serious hurdle to get past the first week, which was severe food poisoning," Helms says.

"It never fully went away, and maybe I should just leave the rest up to

your imagination. Let's just say my body exploded."

While the guys don't wake up with a tiger in their bathroom like in the first film, the animal kingdom is well represented by Crystal, a monkey in a denim Rolling Stones vest with a nasty smoking habit. "Crystal turned out to be kind of this miracle monkey. She's incredible, she can do anything," Cooper says.

"The only downside to Crystal is she has very long claws, and you don't want to get Crystal around an elephant," he warns. "There was one scene where we were walking down the street and there was an elephant, and she kind of destroyed my shoulder."



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Gnomes work their charm

Gnomeo & Juliet

Genre: Comedy/Adventure**Director:** Kelly Asbury**Stars:** James McAvoy, Emily Blunt and Maggie Smith ●●½

What do you get when you start with the world's most famous play, update it with a baseball team's worth of writers taking inspiration from *Shrek* and *Toy Story*, spice the resulting masala with music by Elton John (classics and new tunes) and Lady Gaga, add a laundry list of well-known voice actors — including Hulk Hogan, Maggie Smith, Patrick Smith and Dolly Parton — then have the whole concoction processed at the Disney animation factory?

You get *Gnomeo and Juliet*, that's what. The garden gnome version of Shakespeare's romantic tragedy that somehow works better than it has



any right to.

The painted ceramic version of the oft-told story is set in motion when spunky Juliet (Emily Blunt), wearing a crimson cap, meets and falls in love with Gnomeo (James McAvoy), a blue-hatted garden ornament. The two live in adjacent houses in a brightly rendered English suburb.

But the route to love is not to be a smooth walk down the garden path for these two. The obstacle? When the lawn-lost lovers meet they are both wearing disguises, so are

unaware their romance is forbidden. They don't realize they belong to feuding families whose antipathy extends to their respective garden gnomes. (In this family feud, old clan scores are fought with lawn-mower drag races instead of deadly sword duels.)

While this G-rated Disney offering is unlikely to be remembered as the apotheosis of the animation art form, at a blessed 84 minutes, *Gnomeo & Juliet* gets the job done right for the short set. ● PETER HOWELL

I Am Number Four

Genre: Sci-Fi/Thriller**Director:** D.J. Caruso**Stars:** Alex Pettyfer, Timothy Olyphant and Dianna Agron ●●

In *I Am Number Four*, John Smith (the very pretty Alex Pettyfer, a former model) is the new kid on the block in a small Ohio town called Paradise, where he lives with his guardian, Henri (Timothy Olyphant).

John may have the most common name in America, but he's no common guy. He's actually Number Four, and he's not from this planet at all.

John's a stranger in a strange land; he's one of nine alien fugitives from the destroyed planet of Loric who have made their way to Earth. Another race of aliens, the evil and vaguely fishy Mogadorians, are hunting the Loric survivors, who must be exterminated in



numerical order.

Loric survivors One, Two and Three are already dead; John, Number Four, is next on the Mogadorians' list.

As anyone aged from 12 to 20 on planet Earth — and their beleaguered parents — will tell you, it

ain't easy being a teen. Imagine how hard it is to be an angsty alien teen, who's developing super-powers as he morphs from Loric child to adult.

But a first love with Sarah (Dianna Agron, who plays cheerleader Quinn on TV's *Glee*) helps John with his life on Earth. And Agron, along with Australian actress Teresa Palmer, who plays Number Six, keep the pretty quotient going.

I Am Number Four, with its attractive young people, ugly CGI monsters, giant explosions and superhuman alien stunts, may have enough going for it to get its target teens to fire up the DVD player and sit down for a bit.

But when they realize they're being pandered to with a limpid script, they might just get up to make some popcorn and forget to wander back.

● PETER HOWELL

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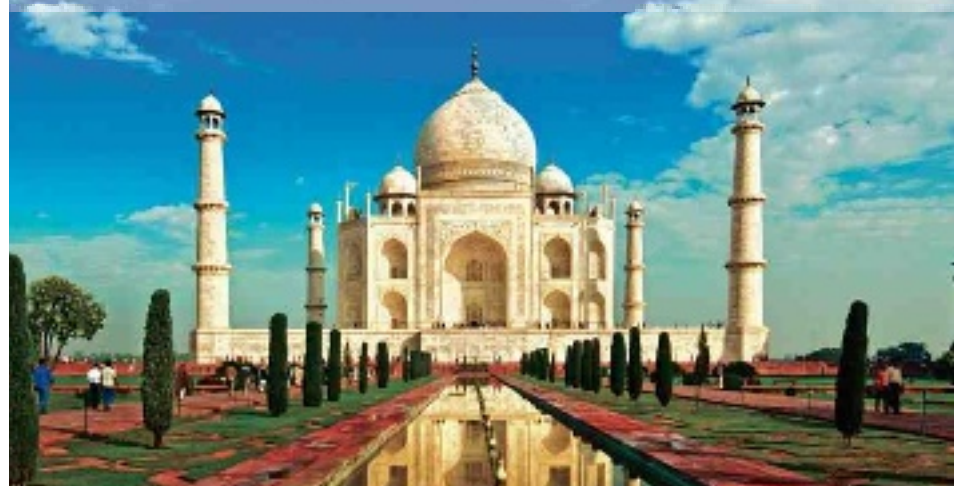
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Hiccups goes Hollywood for Season 2 premiere

► Series features Brent Butt as the life coach of real-life wife Nancy Robertson, a volatile children's writer ► Second season kicks off May 30

IAN JOHNSTON
SCENE@METRONEWS.CA

Despite having starred in two hit comedies, Brent Butt is still uncomfortable calling himself an actor.

"I look at myself as an entertainer who does some acting," says Brent, who is back for season two of Hiccups, which he created and stars in with wife Nancy Robertson.

"And I've gotten much better as an actor. But I act within a certain emotional range. If I had to hold a dying child in my arms and scream to the gods — I'm not sure I could pull that off."

In Hiccups, Brent plays the easygoing life coach Stan Dirko — who is given the unenviable task of keeping the loud, volatile children's writer Millie Upton (Robertson) out of trouble.

"She's very likable because she's like a wide-eyed child," explains Butt. "But in that sense, she also has fits like a child. It'd be too tiring if she was just a jerk. She's more a jerk full of wonder."

In May 30's season opener, Mil-



► Brent Butt

lie and Stan take a trip to Hollywood to finalize a movie deal. But it all ends as expected when Millie finds herself in an "incident" outside Grauman's legendary Chinese Theatre.

"We wanted to start the season with a bang. And it turned out to be a fun episode. Maybe too much fun. We ended up shooting way too much in Hollywood."

Butt says he learned a lot during the first season of Hiccups. "You've got to remember we had already written half the episodes before we even hired the cast," he says. "You learn lots just by doing it. You learn the

rhythm of the show and the voice of the characters and you start to write to that. Comedy is all about rhythm. Well, mostly ..."

Sounds like Butt has put a lot of thought into the nature of being funny. Has he ever considered lecturing on comedy?

"I've been asked but generally decline. Comedy kind of refuses to be analyzed. It stops existing once you get scientific about it."

The second season of Hiccups premieres May 30 at 8

p.m. (ET) on CTV.



Ready for prime time

► As MTV Movie Awards host and budding movie star, centre stage beckons for Jason Sudeikis ► Saturday Night Live veteran got his start in improv

As several cameras and a large film crew hover around him, Jason Sudeikis is enjoying the attention.

"Think about how long this lighting would take if I didn't have perfect bone structure," he says, smiling. "Show off God's work."

Sudeikis is shooting promotions for the MTV Movie Awards, which he'll host June 5. As he lists the attendees, he riffs effortlessly ("Blake Lively ... nice guy?") and ponders the Scrabble points in "Shia LaBeouf."

The awards will introduce Sudeikis to millions of viewers just as he's making his largest splash on the big screen. He stars in the up-



► Jason Sudeikis

coming summer comedy A Good Old Fashioned Orgy, out in September, and plays a supporting role in the star-filled Horrible Bosses, out in July.

For the veteran Saturday Night Live cast member, centre stage is a relatively new vantage point. Hosting the MTV Movie Awards (the last two hosts were Andy Samberg and Aziz Ansari) has been a kind of platform for rising comedians on the cusp. "A platform either to dive beautifully off of or to fall completely off of, but a platform nevertheless," says the 35-year-old Sudeikis.

Though born in Virginia, Sudeikis was raised in Kansas City, Kan., and has a Midwestern aw-shucks candour. But he often uses a cheery facade for arrogant or oblivious characters.

Whether playing U.S. Vice-President Joe Biden or the devil, Sudeikis

is usually grinning broadly.

"I always liked smart asses," he says. "I probably wanted to be Axel Foley from age nine until 38. In three years, I'll probably stop wanting to be Axel Foley. I like people that laugh, smart asses that also laugh, that don't take any of it too seriously. Love Ace Ventura. Love Groucho Marx. Love Bugs Bunny."

Sudeikis didn't sincerely pursue comedy until he came to the famed Chicago improv troupe Second City in 1997. His family had some familiarity with showbiz: Sudeikis' uncle is George Wendt (Cheers). Wendt's success, Sudeikis says, pacified his parents in accepting entertainment as a career. At Second City, he "dove in completely" to improv and helped develop a Las Vegas offshoot.

He was hired first as a writer on SNL, which he did for two years, getting a handful of sketches on the air. Though Sudeikis yearned to be a performer, he learned the SNL system and relished the writing process. "I really enjoyed the re-write table. That was my favourite thing to do," says Sudeikis. "When Tina Fey likes one of your jokes and puts it into the script, you can't help but feel like, 'Maybe I am somehow doing the right thing, the right job.'"

Sudeikis became

a cast member in 2006 as part of one of the show's best classes: Kristin Wiig, Bill Hader and Andy Samberg. Sudeikis and Wiig often wrote together and one of their late-night, gum-chewing sessions led to an early recurring hit: "Two A-Holes."

Sudeikis says this SNL season, which concluded this past weekend, has been one of creeping nostalgia, as he, Wiig, Hader, Samberg realize their time together is waning. "We all sort of realize that you're not going to do this forever," says Sudeikis, who expects to return next season.

But they all have other projects now, too. For Sudeikis, most notably, there's A Good Old-Fashioned Orgy, an R-rated comedy in which a group of friends decide to have an orgy. It's a generational kind of film with characters in their late 20s and early 30s — stuck between the free-love '60s and the sexting '00s — insisting on their own chance for sexual inhibition.

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Knee pain got you down?

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► Research found that doing hip exercises with an exercise band for three weeks led to a 50 per cent reduction in knee pain.

► Simple exercises can strengthen hips and help heal knee injuries



CELIA MILNE
LIFE@METRONEWS.CA

Great news for runners and would-be runners: Easy and inexpensive hip exercises have proven to prevent knee injuries and keep you on the road.

"I like the simplicity of it," says Reed Ferber, director of the Running Injury Clinic and an associate professor in the faculty of kinesiology at the University of Calgary. "There

have been lots of gimmicks with shoes and orthotics. This is a piece of \$8 surgical tubing. Doing two simple exercises can have such a positive impact on runners."

Ferber believes that hundreds of thousands of Canadians could benefit from these exercises. "Four million people are engaged in formal running programs. Triple that for running recreationally."

Scientific studies show that 50 per cent of runners get injured every year. About 80 per cent of those are from the knee down and half are at the knee.

"Let's say all Canadians who run did these two exercises, even if we were able to reduce injuries by 10 per cent, that's 400,000 runners."

Even in those with mild to moderate knee osteoarthritis, these hip-strengthening exercises can reduce pain in the knee.

Using gait analysis technology, Ferber and colleagues found that doing the hip exercises (strengthening the hip abductor and the hip gluteus medius muscles using an exercise band) for three weeks led to a 40 per cent increase in hip strength and close to a 50 per cent reduction in knee pain. Their study was published in a recent issue of the Journal of Athletic Training.

For more, visit running-injuryclinic.com.

How not to run

Running injuries are common. Research shows half of runners get injured every year. And 80 per cent of those injuries are from the knee down. Many of these are preventable by avoiding training errors. Here are some don'ts from Reed Ferber.

- **DON'T** increase your distance by more than 10 per cent a week.
- **DON'T** run faster than you are ready for just to keep up with another runner.
- **DON'T** all of a sudden go outside and run 5 km if you've been running 5 km on a treadmill for several months.
- **DON'T** run 8 km if you are only supposed to run 5 km.
- **DON'T** run if you are injured. Seek help from a sports medicine professional.

3

life

Aspirin makeover



Bayer is looking for a speedy remedy for stagnant aspirin sales. The company, whose name is synonymous with the pain reliever, introduced a reformulated aspirin yesterday that works in half the time of its regular aspirin. Expanding its demographic is key to budging Bayer's 14.6 per cent market share.

THE ASSOCIATED PRESS



Europe OKs Pfizer, Bristol-Myers blood thinner for hip, knee replacement patients. Scan code for story.

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- 2 Bring your legs up at a right angle to your torso.
- 3 Lift your pelvis, torso and tush off the floor.
- 4 Bend your elbows and support your back with your hands
- 5 Lift your legs and hips upward, moving your hands towards your shoulder blades.
- 6 Steady your spine once your legs and torso are at a right angle to the floor.

STEPHANIE KNUTSSON,
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Bringing Glee to yoga

► Hot hatha yoga teacher empowers students, puts musical twist on classes ► First album, Hallelujah, will be released worldwide in July

DARRYL DYCK/THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS



► Blunderfield mixes rock 'n roll and musical theatre with yoga poses.



► Will Blunderfield

It's a glistening 40 C in the yoga studio where three rows of students sitting cross-legged on mats wait patiently, hands at heart in prayer.

"Let's begin by singing three times the bonjo-vi chant," says the instructor, "followed by Om."

We prepare with a deep, cleansing breath.

"Whooh, we're halfway there," he belts out, surprising newcomers to the drop-in class. "Whooh-oh! Livin' on a prayer."

If Sanskrit swapped for a popular rock anthem is

any indication, this is no typical yoga class. Sporting eyeliner, black nail polish and a wicked grin, Will Blunderfield dubs it "Glee Yoga," a nod to the hit TV series.

One thousand students cram into the 25-year-old's self-styled classes at five studios across the Vancouver area each week to participate in the ancient practice with Blunderfield's musical theatre twist.

He teaches all the traditional poses in his hot hatha yoga classes, but

they're exuberantly spiked with Tony Robbins-like motivational affirmations and set to a sensational score.

He jokingly describes himself as Richard Simmons' love child with Capt. Jack Sparrow.

"With who he is, you'd think he'd be limited in who he would attract," says Lara Kozan, co-founder of Yyoga studios, which aims to make yoga more accessible.

"Whoever you wouldn't think would resonate with his class, he has

those people resonating too. They might have their eyebrow up for the first half of the class, and then they're singing along for the rest."

It may be because of Blunderfield's message: "Follow your heart, love yourself, there's nothing wrong with you," he says in an interview.

Or perhaps it's his stellar voice, coupled with genuine delivery: "Do everything you're doing, but don't do it to impress people — do it to inspire."

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Vegans in vogue

► We used to think of vegans as skinny, pale-faced hippies that would rather eat soil than food with flavour
► But a plant-based diet can be healthy and sexy



**ROMINA
McGUINNESS**

METRO WORLD NEWS

For years, the general line concerning vegans has been: "They look emaciated and live off cardboard. And they're annoying as hell at dinner parties."

The thinking now: "Vegans are slim, sexy and generally healthier than people that include animal produce in their diet. Even if they're still slightly annoying at dinner parties."

Being a vegan involves scrapping all animal produce from your diet — no meat, no eggs, no dairy and no honey.

For a long time, the word "vegan" used to send a chill down people's spine as they associated it with deprivation, tasteless meals, malnourishment and poor health.

Cheating tip

► **Creamy cashew:** Take a handful of cashews and soak them in one inch of water overnight. The next day, blend them and what you get is a thick rich cream that can be used as a base for soups and sauces.

Over the past two decades the global praise of protein-heavy diets such as Atkins and Dukan has left people with little faith in the vegan way of life as most assume that by surviving off seeds, fruits, legumes, vegetables and soy, vegans lack in essential nutrients necessary for maintaining good health.

Lie, say vegan chefs. It's actually much better for your health.

Kathy Freston, author of the book *Veganist*, says she can prove it. A vegan for seven years, Freston made the transition from a typical southern girl raised on fried chicken to a dairy-loving vegetarian to, finally, veganist.

"Within weeks of going vegan my energy levels soared and my skin cleared," she says.

Being on a vegan diet dramatically lowers cholesterol levels (the sole source of this being animal produce) and blood sugar levels, and increases natural metabolic rate.

Although humans are omnivores, our bodies thrive on a plant-based diet that over time promotes lower rates of heart disease and obesity.

"A plant-based diet has a high thermal effect as calo-

"Within weeks of going vegan, my energy levels soared and my skin cleared."

KATHY FRESTON, VEGANIST

ries are burnt as heat, for up to three hours after your meal calories are burnt at a rate 16 per cent higher than a regular diet," says Freston.



► A chocolate cake without eggs? We'll take it.



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3

**VEGAN
PHONE APPS**



VEG OUT

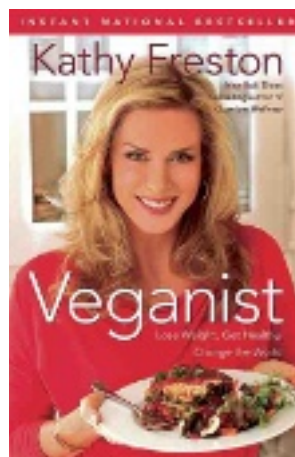
► When a friend says, "Let's check out this steakhouse," open this app to find a vegetarian option nearby. It's got a huge database.

VEGANXPRESS

► This useful app tells you which entrees are vegan at popular chain restaurants.

HAPPY COW

► Another restaurant guide, this is the definitive resource for meat-free restaurants.



Cheese-free mac 'n' cheese

Vegan chef Chloe Coscarelli shares her recipe for cheese-less mac 'n' cheese. It gets its yellow colour from nutritional yeast and is loaded with B vitamins. For more, see chefchloe.com.

Preparation:

- 1 Cook pasta.
- 2 In a saucepan whisk the margarine and flour over medium heat for 3-5 minutes. Add milk, yeast, tomato paste and garlic powder and bring to boil, whisking frequently. Reduce heat to low and let

Ingredients:

- 1 pound pasta
- 1/4 cup soy-free margarine
- 1/3 cup flour
- 3 cups non-dairy milk
- 1 cup nutritional yeast
- 2 tablespoons tomato paste
- 2 teaspoons sea salt
- 1 teaspoon garlic powder
- 1 tablespoon lemon juice
- 1 cup broccoli florets (steamed)

simmer until it thickens. Adjust seasoning to taste and stir in lemon juice. Toss noodles with the sauce and broccoli.



4 portions
Prep time:
5 min.
Cooking:
15 min.

► It gets its colour from yeast, not cheese.

Don't go without

The four food groups to include in a vegan diet:

- 1 Protein: One of the biggest misconceptions of a vegan diet is lack of protein. Move away from animal protein and go for nuts, seeds, tofu, beans, legumes, chickpeas and seitan.
- 2 Complex carbohydrates: Go for sweet potato, brown rice, quinoa, barley and yam.
- 3 Vegetables: Try broccoli, chard, kale and spinach.
- 4 Fruit: Try apples, raspberries, bananas, grapes, mango and pineapple.

Try it out

Freston admits that going vegan is a challenge that requires effort and willpower. "We have an emotional bond with food so it's about changing (or sacrificing) life-long habits. Go at your own momentum. For example, if you love your coffee with cream, switch to a soy-based creamer, almond or rice milk."

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24

metro

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TUESDAY, MAY 24, 2011

Boys not immune to body image pressures: Study

JILL CONNELLY/THE CANADIAN PRESS

Whether they're longing for a slimmer waistline, pumped up biceps or washboard abs, feelings of body dissatisfaction are experienced by many teen girls and boys.

While much is made of the pressures on young women to fit within often-narrow body and beauty ideals perpetuated in media, researchers say young men aren't immune to similar stressors.

U.S. researchers recently conducted a small study of male and female students at Boston-area high schools who tested Bodi-Mojo, an online health and wellness website.

"For boys, it's more about not sexualizing them per se but more trying to grow them up into the 'Be the man, be tough, be strong, be all that a man is supposed to be,'" said Roberto Olivardia, a

clinical psychologist and clinical instructor at Harvard Medical School.

Olivardia said for many boys, it's not so much an issue of weight as it is shape and fitness.

"Even boys I've worked with with eating disorders who are more restrictive eaters or even more on the anorexic side ... most of them don't idealize being skinny per se, but they idealize being lean. And muscle is a huge component of boys' body image, certainly much moreso than what you see with girls."

While influences come from multiple places, Olivardia said it's hard to deny the role of media in shaping boys' body image.

"Nowadays, for teenage boys, they walk into an Abercrombie and Fitch store and they are immediately greeted by an entire wall image of a young guy



▶ Actor Vin Diesel represents the "hyper-muscular" ideal.

with perfect pecs and very muscular biceps, so the imagery is definitely much more intense than it even was 10 years ago."

The Internet and social media sites are also placing greater emphasis on appearance, he said.

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YOUR TEETH ARE WHAT YOU EAT!

You know the old saying "you are what you eat"? You might be surprised to learn that it applies to your teeth as much as the rest of you!

A healthy diet is of utmost importance for your teeth. Just as an unhealthy diet can have an unflattering affect on your physique, it can be just as unflattering to your teeth.

Most of us grew up quite aware that **sugary, processed foods and candies were not good for our teeth**. It is no secret that sugar is a major contributor to decay.

We have also been learning more recently about the **detrimental impact acidic foods can have**. High acid levels in food can erode the enamel of the teeth leading to decay.

Of course, **sticky foods** are a major concern as well, whether they are natural foods (think of raisins) or processed (candies). The longer foods remain affixed to the teeth, the more time any sugars and acids have to break down the enamel.

But simply avoiding sugars and acids is not sufficient to create healthy teeth. **Healthy teeth require healthy food**. And one of the biggest impediments to a healthy diet can be... **dieting**. Crash diets in particular are not only a



Dr. George Parry
Dental Surgeon

poor way to maintain a healthy weight. They are also a poor way to maintain healthy teeth.

People on crash diets deny themselves the important nutrition their body needs. These people commonly have reduced levels of **vitamins D, B-12 as well as calcium**. Other minerals and proteins that are important for the health of the teeth and gums may also be missing in crash dieters.

Today, this problem is often aggravated by the use of diet pills. Along with many other potential unhealthy side effects, **many diet pills reduce the flow of saliva in the mouth**

leading to dry mouth.

People who suffer from dry mouth tend to experience **inflamed gums**. They also tend to maintain **higher levels of acid** as the saliva is not present to dilute or even wash away acid that otherwise builds up on the teeth and gum line. As a result, they may experience greater levels of **tooth decay and gum disease**.

If you are considering going on a diet to help trim off a few extra pounds, you need to make sure that you still ingest the vital nutrients your teeth require. **Don't be afraid to talk to your dentist about your plans**. You might be surprised to find out just how much of an information resource your dentist can be in this regard.

So take the steps to improve your diet. Healthy eating can improve your physique, making you look better and feel better. Feeling better makes you smile more. And since that healthy diet is also good for your teeth, smiling more will show off a healthy set of pearly whites!

All in all, eating the right foods is a healthy habit ...and healthier habits lead to healthier lives.

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Give your pasta a potato makeover

► This Potato & Chicken Lasagna and Arugula Potato Pasta include a hearty dose of the veggie that's normally reserved for mashing or frying



► This recipe makes six to eight servings.

Here is a unique twist on popular lasagna. It's made with potatoes instead of noodles to add a hit of fibre and other nutrients.

This recipe was created by chef Gordon Bailey of Lot 30 Restaurant in Charlottetown.

Preparation:

- 1 Heat heavy-bottomed pan on high and lightly coat bottom with cooking oil. Sauté chicken with onion and 2 cloves

of chopped garlic. Season with salt and pepper. Set aside.

- 2 Melt butter with remaining garlic. Toss potatoes with melted butter mixture until potatoes are evenly coated. Season with salt and pepper.

- 3 In oven proof baking dish, alternately layer potatoes, tomatoes, zucchini, chicken, thyme, oregano and parsley. Cover and bake, in 350 F

(180 C) oven for 30 to 45 minutes until all layers are easily pierced with a paring knife. Uncover and sprinkle with goat

cheese and bake for 5 to 10 minutes.

THE CANADIAN PRESS/ PEI POTATOES

Ingredients:

- 1 lb (500 g) extra lean ground chicken
- 1/2 cup (125 mL) diced onion
- 4 cloves garlic, chopped
- Salt and pepper
- 6 large peeled potatoes,

- thinly sliced
- 1/4 cup (50 mL) butter
- 4 large tomatoes, thinly sliced
- 2 zucchinis, thinly sliced
- 1 tbsp (15 mL) each chopped fresh thyme, oregano and parsley
- 1 1/4 cups (300 mL) goat cheese, crumbled

Arugula Potato Pasta



This pasta dish reflects the vibrant colours of Italy's flag. With the addition of potatoes to the pasta, the sauce is well absorbed and full of flavour.

Preparation:

- 1 In large skillet, heat oil over medium heat and cook garlic, anchovy paste and hot pepper flakes for 1 minute. Add tomatoes, basil and salt and bring to boil.

- 2 Reduce heat and boil gently, stirring occasionally for about

15 minutes or until thickened.

- 3 Meanwhile, in large pot of boiling salted water, cook potatoes and pasta for 10 minutes or until potatoes are tender and pasta is al dente. Drain and return to pot.

- 4 Pour sauce over pasta mixture and toss to combine. Add arugula and cheese and toss well.

- 5 Scoop into pasta bowls and dollop each with ricotta cheese.

● METRO

Ingredients:

- 2 tbsp (25 mL) extra virgin olive oil
- 3 cloves garlic, minced
- 1 tsp (5 mL) anchovy paste or 2 anchovy fillets, minced
- 1/4 tsp (1 mL) hot pepper flakes
- 1 can (19 oz/796 mL) diced tomatoes

- 1/4 cup (50 mL) roughly chopped fresh basil
- 1/4 tsp (1 mL) salt
- 2 Yukon Gold potatoes, chopped
- 5 cups (1.25 L) rigatoni or penne pasta
- 2 cups (500 mL) baby arugula or spinach
- 3 tbsp (45 mL) grated Romano or Asiago cheese
- 1/2 cup (125 mL) ricotta cheese

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Combine fruits & veggies for fresh take on stir-fry

Stir-fries are a fast dinner for people on the go and this one is no exception.

All of the Asian ingredients are available at most supermarkets.

Preparation:

1 In a small bowl, stir all of the sauce ingredients together, adding your desired amount of hot Chinese chili garlic sauce, until mixed and cornstarch has dissolved.

2 Thinly slice the chicken into bite-size strips. Snap tough ends from the asparagus, then slice it diagonally into pieces about 5 cm (2 inches) long. Slice the red pepper into large bite-size squares, cut plums into

wedges and thinly slice green onions.

3 Heat oil in a very large frying pan or wok over high heat. Add the chicken and stir-fry until golden-tinged. Add ginger and garlic and stir-fry for 1 minute. Add asparagus and bell pepper and continue to stir-fry for a couple of minutes until just tender, adjusting heat as necessary.

4 Add sauce to stir-fry. Stir continuously until bubbly and thickened, about 1 minute. Then add fruit and green onions. Stir just until hot, about 2 more minutes.

THE CANADIAN PRESS/ EXPERIENCE CALIFORNIA



► This ginger chicken stir-fry uses fruit and vegetables.



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Ingredients:

Sauce

- 75 ml (1/3 cup) water
- 45 ml (3 tbsp) oyster sauce
- 30 ml (2 tbsp) soy sauce
- 15 ml (1 tbsp) dark sesame oil
- 5 to 10 ml (1 to 2 tsp) hot Chinese chili garlic sauce
- 10 ml (2 tsp) cornstarch

Stir-Fry

- 2 skinless boneless chicken breasts
- 250 g (1/2 lb) asparagus
- 1 sweet red or yellow bell pepper
- 2 plums or peaches
- 2 green onions
- 15 ml (1 tbsp) vegetable oil
- 30 ml (2 tbsp) finely minced ginger
- 2 garlic cloves, minced

Edgar offers old world charm & delicious eats

► This tiny bistro features a hand-written menu of interesting possibilities

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA



A sense of welcome and old world charm greeted us as we arrived at

Edgar, located in what used to be known as Old

Hull. The crowded, tiny café was filling up on this Saturday afternoon so we grabbed the only seats available — at a window counter overlooking the sunny patio.

The handwritten menu on the chalkboard promised a variety of interesting possibilities, but we opted for the Huevos Rancheros, a Mexican scrambled egg mixture served in a toasted tortilla cup.

The dish was bursting with flavour, spicy without being overpowering and with just enough kick to make it interesting.

We couldn't resist the array of desserts displayed on the counter and took home a selection of treats to enjoy throughout the



► Huevos Rancheros (\$10.50)

week: the famous Edgar bar, an apple pecan muffin, a coconut macaroon and a decadent orange-flavoured chocolate cupcake. All were impeccable.

Although it has only been operating for a few months, Edgar is already a success story. It is definitely on my list of places to return to — often.

Blueberry Smoothie



Make this version of the smoothie for your children's breakfast or after-school snack. Frozen blueberries are available in your grocery store's freezer for this fast antioxidant-laden treat.

2 Pour into glasses; serve immediately.

THE CANADIAN PRESS/
DAIRY FARMERS OF CANADA

Ingredients:

- 500 ml (2 cups) milk
- 500 ml (2 cups) frozen blueberries
- 125 ml (1/2 cup) vanilla-flavoured yogurt
- 30 ml (2 tbsp) honey

Preparation:

1 In a blender, combine milk, blueberries, yogurt and honey; puree until smooth.

► **Edgar**
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Reservations: No
Quick solo lunch: Yes
Social lunch: Yes
Price range: \$\$
Rating: 5 out of 5

CONQUERING A MOUNTAIN AND A HEART

I (Ken) always tell people that my wife, Liz, married me solely because I climbed Mount Fuji, an accusation she denies.

We met in 2007 when we were both teaching ESL at different schools in Busan, South Korea.

Our mutual friend Blake (Cupid disguised as a co-worker) shot me with his love arrow and nudged me

in Liz's direction. Over the course of a group trip to Japan, we discovered we shared an identical sense of humour, a love/hate relationship with sushi (I love it; she hates it) and a hunger for travel, which would later take us around Asia and a big chunk of Europe together.

Before I set off to climb — or conquer, as I like to

say — Mount Fuji, Liz and I locked eyes in the Kyoto train station.

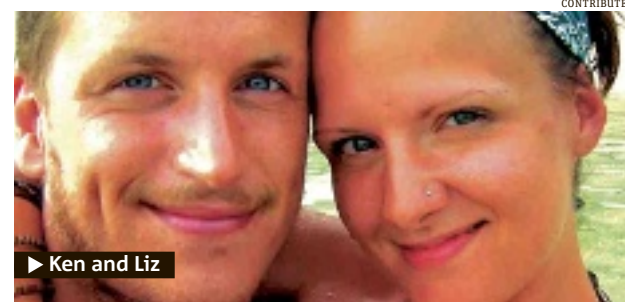
I couldn't tell whether her eyes were saying, "Come back because I like you," or "Wow, you're so brave!" I like to think it was both.

A mere 48 hours later, I returned, tired and wet, but triumphant!

We began dating soon

after and married in Seoul, South Korea, in 2009 before moving to Toronto, where we still live today.

Liz often interrupts my Mount Fuji tale by informing listeners that 200,000-plus people (young and old) climb the volcano every year, so I always end my story by reminding them that out of all those



► Ken and Liz

hundreds of thousands courageous souls, she married me — making me both brave and lucky.

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TRAVEL FOR TREATS

Dear Claire and Andrea, I travel a lot for work and have met great guys in some of the cities I've been to. Lately I've been dating two guys — each in a different city — but I can't seem to find anyone in my own town. What am I doing wrong? Am I destined to have to travel for my treats?

Claire: Dear Travel for Treats,

One of the great side effects of travel is the ability to shed the minutiae of our lives. There are no plumbers to call, no dry cleaning to pick up, no cat litter to scoop. We become a less stressed version of ourselves, less likely to walk down the street ignoring the world, in a cloud of to-do lists.

Result? We're more open to the people we encounter.

And once we do meet someone interesting, the mental checklist we usually subject a potential fling/mate/partner to is that much shorter.

At home, we're either

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

too distracted to notice those who notice us, or once we meet them, we question whether they should be allowed into our world, and if so, in what capacity.

Spontaneity is exchanged for mind games, openness for caution. It's enough to make Up in the Air look like a fairytale.

Andrea: Dear Travel for Treats,

I envy your position because you don't have to deal with those really boring days, the fat days, the PMS days ... You only get the good stuff because

time is short, and your partners try to make it count.

The downside is that it's probably warped your relationship standards, which makes it really hard for potential lovers in your hometown to please you after a while.

Being in a long term relationship myself, I can say that you're missing out on some seriously hot stuff: sweet wake-up calls caressed with morning breath, romantic rendezvous in the frozen dinner aisle, elegant repartees over broken washing machines ... but also, a guaranteed hug when you're in a bad mood, having fun doing the mundane tasks, and you know you're going home with a hottie after that party.

Even if you don't get five-star treatment all day every day, the little things really do add up.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

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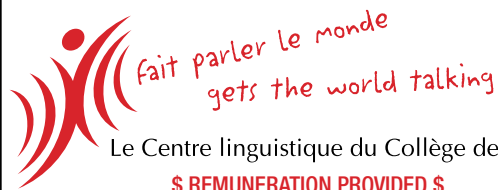
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Life insurance 101: Deciding on a plan

► Some Canadians don't consider life insurance when doing their finances
► But it's vital to think about any outstanding debts or expenses that would need to be paid if something unexpected were to happen to you



► It's important to update your life insurance plan, especially as your family grows and changes.

For some Canadians, understanding life insurance and knowing what coverage to get can be challenging so it's no surprise that many overlook reviewing their insurance needs when updating their financial plan or creating a plan for the first time.

"Life insurance is an essential part of any financial plan so it's important to review your life insurance requirements once a year to help protect you and your family in the event of a loss," says Cathy Preston, vice-president, Life and Health, RBC Insurance.

"It should be updated regularly, particularly around major life events such as marriage or the birth of a child."

Here are some tips to help you along the way:

- Evaluate how much insurance coverage you need and why you need the protection. Determine any outstanding debts or expenses that would need to be paid if something unexpected were to happen.
- Understand your policy and ask for clarification from your insurance company. The policy is a legal document so be aware of what you're signing.
- Be honest when answering questions about your medical or family history to minimize the risk of a claim being delayed or denied. **NEWS CANADA**

Insurance types

Life insurance is usually divided into two categories:

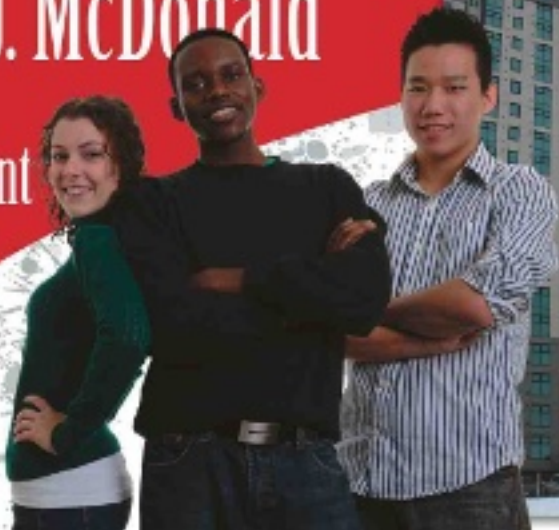
- **Term life insurance** — provides insurance for a specific period of time and is a good option for families that are just start-

ing out.

- **Permanent life insurance** — includes whole life and universal life which provides insurance protection for the entire life of the insured person.

NEWS CANADA

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POPPING THE QUESTION?

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Engagement rings can be pricey, but they are also an important symbol of commitment in a relationship. Take your time selecting a ring that reflects your values and your budget.

Keep in mind that during lean times, many couples don't even buy an engagement ring, just their wedding band.

Determine your budget before you shop. Avoid massive amounts of debt for a ring and save up! Some diamond experts have recommended that you spend between two and three months' salary on a ring.

But, that's not the law. Do what's right for you.

Research the types of rings available and the costs associated with your combination of choices: metal (gold, platinum, silver, etc.), stone (diamond, sapphire, etc.), and setting. Research how the cut, clarity, colour and carat impacts the price.

Investigate the jeweller and get referrals from trusted friends or family members. For example, do you want a custom-made ring or one that is ready to go? See if the jeweller has an exchange or return policy just in case.

Bring a trusted ally who can help you wade through the thousands of choices. Consider shopping with your partner so you can make the decision together.

Plan ahead for the expense by saving in advance. Avoid store credit as the interest rates are hefty.

Self-employed tax tips

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Keep self-employed headaches to a minimum by being organized and knowing the tax-filing rules.

The first half of the year is full of deadlines from RRSP contributions to taxes. And here's another one: the deadline for the self-employed to file a tax return is June 15.

This confuses many new self-employed individuals because you still must pay tax owing by the same date as everyone else — this year it was May 2nd. But you have an additional six weeks to get your return in to the Canada Revenue Agency.

If you are thinking about

striking out on your own or you are a self-employed newbie, here are five common questions fielded by H&R Block about business taxes.

1. Do I need a business number? You don't need a number or even to be registered as a business. But you do need to fill out a T2125 Form, which details your business income and expenses as part of your personal return. Don't make the common mistake of listing self-employed income on line 104 (other income).

2. What about CPP premiums? If you earned more than \$3,500 you will have to pay.

3. Do I need to register for HST/GST? Those earning more than \$30,000 must register for a GST/HST number. But it is a good idea anyway because you can



► The number of self-employed women has increased by 50 per cent over the past 15 years.

claim input tax credits for the GST/HST you pay.

4. What happens if I declare a loss? Losses can be carried forward to future years to reduce the tax load when

Recession effect

► During the 2008-2009 recession the number of self-employed in Canada jumped by 100,000 while the number of paid employees sank by 480,000.

your income is higher.

5. Do I need receipts? Oh you betcha! Keep everything related to your expenses in separate files for each category.

Don't forget that the expenses must be incurred in order to earn an income. If you are using your car for business, maintain a mileage log.

This can be a bit of a pain but after one base year of log keeping you can move to the new simplified method, which uses the base year percentages.

Look inside today's
metro for the icons
below and enter for
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Gas Stations



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† You will earn 2% cash back on the first \$25,000 you spend annually at merchants classified by VISA as Grocery Stores & Supermarkets, Drug Stores & Pharmacies, Service Stations, Automated Fuel Dispensers and Recurring Payments (Merchant Codes: 5912, 5411, 5541 & 5542). Sometimes there are separate merchants located on the premises of these merchants but are classified by VISA in another manner, in which case this added benefit will not apply. Recurring payments are defined as payments made on a monthly or regular basis automatically billed by a merchant. Earn 1% cash back on purchases made after you have reached the 2% \$25,000 annual max., and on all other purchases. Scotia Momentum cash back is not awarded for cash advances, Scotia® VISA Cheques, credit vouchers, payments, purchase returns, card fees, interest charges or service/transaction charges.

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Golf: Addiction is par for the course

► Looks like it's finally time to get out on the greens ► We've asked golf expert Brian Kendall — author of *Northern Links: Canada From Tee to Tee* — to help you get in the swing of things



BRIAN KENDALL
FOR METRO

Every spring, thousands of Canadians take up golf for the challenge, the health benefits and the opportunity to spend time in gorgeous scenery with friends.

These newcomers join the more than six million of us who already play the game, making Canada — despite our too-short playing season — one of the most avid golfing nations per capita in the world.

Golf is mystifying and frustrating, but also joyously addictive once the game has you firmly in its grip. A recent survey revealed that golfers feel they're healthier and happier than other people. In fact, they're so hooked on the game that 81 per cent say they would pass up sex with a movie star to shoot par.

With that ringing endorsement, let's get started. Canada's fairways are calling.



ISTOCK IMAGES

Let this be a lesson

Do yourself — and everyone you'll be playing with — a favour by taking at least a few lessons when getting started.

Lessons will save you months, if not years, of struggle by providing a firm grounding in the basics: grip, posture and swing mechanics.

Almost every course has a fully certified Canadian Professional Golfers' Association (CPGA) teaching pro on staff. Individual lessons generally cost between \$50 and \$100 an hour. Group lessons are often less expensive.

Ask golfing friends for recommendations. You're



ISTOCK IMAGES

looking for a pro with plenty of patience, enthusiasm and an ability to adapt to your needs.

Most important, be sure to diligently practice what you've learned. Golf quickly becomes more chore than pleasure for novices who don't experience steady improvement.

● **BRIAN KENDALL**

5 golf etiquette rules

► Simple tips to help you play like a pro

Though you may be a beginner, there's no reason why you can't comport yourself on the fairways like a seasoned professional. Here's how.

1 Avoid slow play. Always be ready to hit the ball when it's your turn. Limit yourself to one or two practice swings. Keep up with the group in front of you. And allow faster golfers to play through.

2 Silence is golden. Never talk when a partner is preparing to hit his or her ball. Never curse out loud after a bad shot. And turn off your damn cellphone!

3 Help maintain the course. Always fix ball marks on greens, rake bunkers and replace



ISTOCK IMAGES

divots. It's the responsibility of every golfer to leave the course in the same — or even better — shape than he or she found it.

4 Dress properly. Avoid short-shorts, T-shirts, blue jeans and halter tops. Also, for pity's sake, no golf caps turned backwards.

5 When you've dribbled one off the tee, or failed to get out of a bunker after two or three attempts, pick up your ball and move on. You're still too inexperienced to worry about posting a score. Anyway, there's always the next hole.

● **BRIAN KENDALL**

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Road to the Cup a little steeper for Salo

► 'It's like climbing Mount Everest,' Canuck says of Achilles injury rehab

There's been a lot of painful bumps and twists on the road Sami Salo has travelled.

When the season started, the Vancouver Canuck defenceman wasn't sure if he would ever play hockey again after rupturing his Achilles tendon last summer. Now Salo finds himself just one win away from playing in the Stanley Cup final for the first time in his 12-year NHL career.

"It's been a long journey, not just in a career way," Salo said yesterday after the Canucks practised at Rogers Arena.

"All the blood and sweat you poured during the season has really paid off. It is a really good feeling."

The Canucks take a 3-1 series lead over the San Jose Sharks into Game 5 of the Western Conference final tonight (CBC, 9 p.m.). A win sends Vancouver to the Cup final for the first time in 17 years.

Salo's booming slapshot was a big part of the Canucks' 4-2 win over the Sharks on Sunday. He scored twice on the power play and added an assist. Vancouver scored three power-play goals in a 1:55 span in the second period, all on five-on-three situations.

Painful past

Injuries have cost Sami Salo over 250 games in his career, but the most devastating came last summer when playing floor ball in his native Finland.

- Friends told Salo it sounded like a shotgun blast when his Achilles ruptured.
- "It didn't hurt at all," he said. "It was just a weird feeling."
- Salo missed training camp and the first 52 games of the season.

They have pushed the Sharks to the brink, but Salo knows the final shove may be the hardest.

"You have to have the killer instinct to try and finish those guys off," he said.

"We have seen that if you're not going out there to win, if you are just sitting back, usually things are not going your way."

Logan Couture said the Sharks are focused on forcing a Game 6 Thursday.

"We're obviously not where we want to be. We'd rather be up 3-1," Couture said. "The reality of the situation now is we're down. We're excited to go to Vancouver and try and win a game." THE CANADIAN PRESS

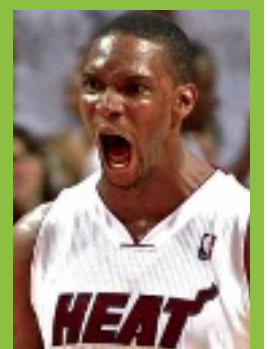


► Vancouver's Sami Salo celebrates his second goal against San Jose in Game 4.

4

sports

Quoted



"It is the Eastern Conference finals and it's coming down to will and determination. I want people to know I want it."

MIAMI POWER FORWARD CHRIS BOSH, WHO HAD 30 POINTS IN GAME 1 AND 34 IN SUNDAY'S GAME 3 WIN THAT GAVE THE HEAT A 2-1 LEAD OVER THE CHICAGO BULLS IN THE NBA EAST FINALS. ONLY TWO PLAYERS HAD A PAIR OF 30-PLUS NIGHTS AGAINST THE BULLS IN THE REGULAR SEASON, THOSE BEING DWYANE WADE AND PORTLAND'S LAMARCUS ALDRIDGE.

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► Alex Tagliani kisses the nose of his car on Sunday.

Canadian making history

► Tagliani knows he needs to keep nerves in check at Indy 500

Alex Tagliani has already made history at the Indianapolis Motor Speedway.

Now that he's in the spotlight as the polesitter for the 100th edition of the Indianapolis 500, he's hoping to make the most of it.

Tagliani became the first Canadian to earn the pole position at the event with a stellar performance in qualifying over the weekend. He knows it will be tough to keep the nerves in check Sunday when he leads the centennial celebration field into the first turn at Indianapolis Motor Speedway.

"The warmup laps are probably going to be the most difficult ones to handle," Tagliani said yesterday. "Just because your heart is pumping and you have time to think because you're driving it slow. You realize the crowd in the stands is just unbelievable."

Tagliani looked relaxed and well-rested during media availability yesterday at a downtown Toronto restaurant. He was still riding high after a whirlwind weekend that was a long time coming.

"My heart was bursting out of my chest because of all that history and background that you're carrying with you for so many

years," Tagliani said. "Finally something good happened."

His qualifying performance was a rare peak in what has been a rather uneven career. Tagliani posted some decent results after breaking in on the old CART series in 2000 but didn't earn his first victory until 2004 at Road America.

He stuck it out in Champ Car despite only a handful of podium appearances. Tagliani made his IndyCar Series debut in 2008 and was 13th in the overall standings last year.

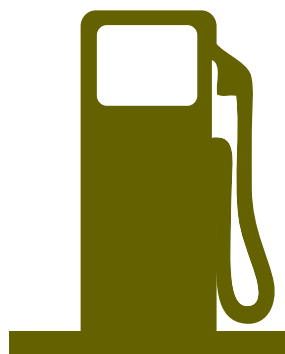
Now brimming with confidence after his surprise qualifying run, he's hoping to take things to the next level this weekend.

"People are realizing who I am," Tagliani said. "Here we are now. So maybe it took a long time but when you get a result like this, it's all worth it."

It hasn't been an easy road for the 37-year-old driver from Lachenaie, Que. Tagliani has been on several different teams doing everything possible to get money, sponsors and equipment together.

Tagliani said even in the tough times, his passion for racing never changed.

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INTERVIEW

Mets owner disses players

Jose Reyes isn't worth all the money he wants. Carlos Beltran is no longer a top-tier player. David Wright isn't a superstar.

Those aren't merely the opinions of some disgruntled New York Mets fan. Those thoughts come straight from the owner of the team.

Fred Wilpon had sharp words for the all-stars and his teetering team in a newly released profile in The New Yorker. He made the comments during the Mets' 4-3 loss to Houston

on April 20.

"Lousy clubs, that's what happens," Wilpon remarked after the Mets missed an early chance to score, then gave up some runs. "We're snake-bitten, baby."

Reyes can become a free agent at the end of the season. There's been speculation the shortstop wants a contract similar to the \$142-million US, seven-year deal that Carl Crawford signed in the off-season.

"He's a racehorse," Wilpon said of the often-injured speedster.

"He thinks he's going to get Carl Crawford money," he said. "He's had everything wrong with him. He won't get it."

Beltran is finishing up a \$119-million, seven-year contract the outfielder signed with the Mets after

his monster 2004 post-season for Houston, when he hit eight homers and scored 21 runs in 12 playoff games.

"We had some schmuck in New York who paid him based on that one series," Wilpon said, referring to himself. "He's 65 to 70 per cent of what he was."

As for Wright, Wilpon said the third baseman is "a really good kid. A very good player."

"Not a superstar," Wilpon said.

In a statement released by his agent, Wright said: "Fred is a good man and is obviously going through some difficult times. There is nothing more productive that I can say at this time."

The Mets are 22-24 and were off yesterday.

THE ASSOCIATED PRESS

Utley returns to Phillies, bats second

Chase Utley stepped into the carpeted batter's box to take a few swings and the television cameras shined brightly.

This was no ordinary round of batting practice.

Utley was back in the lineup and hitting second for the Philadelphia Phillies after the five-time all-star second baseman missed the first 46 games with a knee injury.

"You guys obviously know I enjoy playing and it's both disappointing and frustrating being on the sidelines and not being able to help," Utley said before last night's game against Cincinnati.

His return couldn't come soon enough for the four-time defending NL East champions. The first-place Phillies are struggling offensively and certainly can use a boost from Utley. Though he's coming off a down season — .275 average with 16 homers and 65 RBIs in 115 games last year — Utley is one of the top hitters in Philadelphia's lineup.

"It's pretty frustrating not to be able to go out and help your team win," Utley said. "But I'm proud of my teammates. They've done an outstanding job these first two months. The pitching staff has been outstanding. I know there's been a lot of negative talk recently on how our offence has been struggling, but that's why we play for six months. It's an up and down game. As long as you stay positive with the other guys, you'll get through that."

Utley spent a few weeks rehabbing his knee in Florida and feels comfortable with the progress in his recovery. He doesn't expect to have surgery after the season, but he might be more willing to take a day off occasionally. Manager Charlie Manuel may not give him a choice.

"Charlie and I will talk on a daily basis and see where we're at every single day, but I definitely want to be out there," Utley said. "I think I know my body better than anybody else."

THE ASSOCIATED PRESS

NHL

PLAYOFFS

All Times Eastern

CONFERENCE FINALS

(Best-of-7 series)

EASTERN CONFERENCE

BOSTON (3) vs. TAMPA BAY (5)

(Series tied 2-2)

Last night's result

Tampa Bay at Boston

Tomorrow's gmae

Boston at Tampa Bay, 8 p.m.

Friday's game

x-Tampa Bay at Boston, 8 p.m.

WESTERN CONFERENCE

VANCOUVER (1) vs. SAN JOSE (2)

(Vancouver leads series 3-1)

Tonight's game

San Jose at Vancouver, 9 p.m.

Thursday's game

x-Vancouver at San Jose, 9 p.m.

Saturday's game

x-San Jose at Vancouver, 8 p.m.

x — played only if necessary.

SCORING LEADERS

	G	A	PT
H.Sedin, Vcr	2	17	19
St. Louis, TB	8	9	17
Kesler, Vcr	6	11	17
Lecavalier, TB	6	11	17
J.Thornton, SJ	3	14	17
D.Sedin, Vcr	8	7	15
Clowe, SJ	6	9	15
Datsyuk, Det	4	11	15
Purcell, TB	4	11	15
Boyle, SJ	3	12	15
Couture, SJ	7	7	14
P.Bergeron, Bos	4	10	14
Ward, Nash	7	6	13
Horton, Bos	6	7	13
Krejci, Bos	7	5	12
Marleau, SJ	7	5	12
Burrows, Vcr	6	6	12
Downie, TB	2	10	12
Giroux, Pha	1	11	12
Bergenheim, TB	9	2	11
Marchand, Bos	5	6	11
Ryder, Bos	5	6	11
Gagne, TB	4	7	11
Moore, TB	3	8	11
Ehrhoff, Vcr	2	9	11
Ovechkin, Wash	5	5	10
Kelly, Bos	4	6	10
Cammalleri, Mtl	3	7	10
Briere, Pha	7	2	9
Legwand, Nash	6	3	9
Setoguchi, SJ	6	3	9
Stamkos, TB	5	4	9
Heatley, SJ	3	6	9
I.White, SJ	1	8	9
Pavelski, SJ	5	3	8
Bieksa, Vcr	4	4	8
Lidstrom, Det	4	4	8
Zetterberg, Det	3	5	8
Filppula, Det	2	6	8
Perry, Ana	2	6	8
Raymond, Vcr	2	6	8
Seidenberg, Bos	1	7	8
van Riemsdyk, Pha	7	0	7
Selanne, Ana	6	1	7
Higgins, Vcr	4	3	7
Fisher, Nash	3	4	7
Holmstrom, Det	3	4	7
Edler, Vcr	2	5	7
Recchi, Bos	2	5	7
Gagnani, Buf	1	6	7
S.Koivu, Ana	1	6	7
Laich, Wash	1	6	7

Not including last night's game

HOCKEY

MEMORIAL CUP

At Mississauga, Ont.

All Times Eastern

ROUND ROBIN

Last night's result

Owen Sound vs. Saint John

Tonight's game

Kootenay vs. Saint John, 7 p.m.

Tomorrow's game

Mississauga vs. Owen Sound, 7 p.m.

End of Round Robin

ACTIVITY

MLB

AMERICAN LEAGUE

TEXAS RANGERS—Activated OF Josh Hamilton and OF Nelson Cruz from the 15-day DL.

Recalled RHP Yoshinori Tateyama from Round Rock (PCL). Optioned INF Chris Davis, RHP

Cody Eppley and C Taylor Teagarden to Round Rock.

Ray Herrera off waivers from Cincinnati.

ST. LOUIS CARDINALS—Placed C Gerald Laird on the 15-day DL. Activated 2B Skip Schumaker from the 15-day DL. Recalled C Tony Cruz from Memphis (PCL). Optioned RHP Mitchell

Boggs to Memphis. Announced Rule 5 draft

RHP Brian Broderick was returned by Washington and assigned to Memphis.

WASHINGTON NATIONALS—Placed 1B Adam LaRoche on the 15-day DL.

MILWAUKEE BREWERS—Claimed LHP Daniel

James 6-13 0-0 14, Booser 8-19 10-12 26, Noah

0-4 1-2 1, Rose 8-19 3-3 20, Bogans 1-3 1-2 4,

Asik 0-3 0-0 0, Gibson 5-6 1-2 11, Brewer 2-6

0-0 4, Watson 1-2 0-0 2, Korver 1-2 0-0 3. Totals 32-77 16-21 85.

MIAMI (96)

James 6-13 9-9 22, Bosh 13-18 8-10 34, Anthony 1-2 1-2 3, Bibby 2-5 0-0 6, Wade 6-17 5-

6 17, Haslem 4-7 0-0 8, Miller 0-2 0-0 0, Chalmers 2-3 2-2 6. Totals 34-67 25-29 96.

Chicago 15 25 20 85

Miami 18 25 25 28 96

3-Point Goals—Chicago 5-12 (Deng 2-5, Korver

1-1, Bogans 1-3, Rose 1-3), Miami 3-9 (Bibby

2-4, James 1-2, Chalmers 0-1, Miller 0-1,

Wade 0-1). Fouled Out—None. Rebounds—

Chicago 49 (Booser 17), Miami 38 (Wade 9).

Assists—Chicago 15 (Noah 6), Miami 20

(James 10). Total Fouls—Chicago 24, Miami

17. A—20,123 (19,600) at Miami.

PORTLAND TRAIL BLAZERS—Fired general

manager Rich Cho. Named director of college

scouting Chad Buchanan acting general manager.

LEAGUE OFFICE—Fined Chicago F Joakim

Noah \$50,000 for using a derogatory and offensive

term from the bench during the May 22 game

at Miami.

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Noah \$50,000 for using a derogatory and offensive

term from the bench during the May 22 game

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LEAGUE OFFICE—Fined Chicago F Joakim

NBA

PLAYOFFS

All Times Eastern

CONFERENCE FINALS

(Best-of-7 series)

EASTERN CONFERENCE

CHICAGO (1) vs. MIAMI (2)

(Miami leads series 2-1)

Sunday's result

Miami 96 Chicago 85

Tonight's game

Chicago at Miami, 8:30 p.m.

Thursday's game

Miami at Chicago, 8:30 p.m.

Saturday, May 28

x-Chicago at Miami, 8:30 p.m.

Monday, May 30

x-Miami at Chicago, 8:30 p.m.

WESTERN CONFERENCE

DALLAS (3) vs. OKLAHOMA CITY (4)

(Dallas leads series 2-1)

Last night's result

Dallas at Oklahoma City

Tomorrow's game

Oklahoma City at Dallas, 9 p.m.

Friday's game

x-Dallas at Oklahoma City, 9 p.m.

Sunday, May 29

x-Oklahoma City at Dallas, 9 p.m.

x — played only if necessary.

LATE SUNDAY

HEAT 96, BULLS 85

CHICAGO (85)

Deng 6-13 0-0 14, Booser 8-19 10-12 26, Noah

0-4 1-2 1, Rose 8-19 3-3 20, Bogans 1-3 1-2 4,

Asik 0-3 0-0 0, Gibson 5-6 1-2 11, Brewer 2-6

0-0 4, Watson 1-2 0-0 2, Korver 1-2 0-0 3. Totals 32-77 16-21 85.

MIAMI (96)

James 6-13 9-9 22, Bosh 13-18 8-10 34, Anthony 1-2 1-2 3, Bibby 2-5 0-0 6, Wade 6-17 5-

6 17, Haslem 4-7 0-0 8, Miller 0-2 0-0 0, Chalmers 2-3 2-2 6. Totals 34-67 25-29 96.

Chicago 15 25 20 85

Miami 18 25 25 28 96

3-Point Goals—Chicago 5-12 (Deng 2-5, Korver

1-1, Bogans 1-3, Rose 1-3), Miami 3-9 (Bibby

2-4, James 1-2, Chalmers 0-1, Miller 0-1,

Wade 0-1). Fouled Out—None. Rebounds—

Chicago 49 (Booser 17), Miami 38 (Wade 9).

Assists—Chicago 15 (Noah 6), Miami 20

(James 10). Total Fouls—Chicago 24, Miami

17. A—20,123 (19,600) at Miami.

SOCCER

MLS

Sunday's result

Toronto 0 Colorado 0

Real Salt Lake 0 Dallas 0

Tomorrow's games

All times Eastern

Colorado at New York, 7:30 p.m.

Dallas at Seattle, 10 p.m.

Houston at Los Angeles, 10:30 p.m.

Saturday's games

Philadelphia at Toronto, 12:30 p.m.

New York at Vancouver, 5:30 p.m.

Chivas USA at Columbus, 7:30 p.m.

Los Angeles at New England, 8 p.m.

FC Dallas at Houston, 8:30 p.m.

San Jose at Chicago, 8:30 p.m.

Seattle at Real Salt Lake, 9 p.m.

Kansas City at Colorado, 9 p.m.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	25	20	.556	—
Tampa Bay	26	21	.553	—
Boston	25	21	.543	1/2
Toronto	23	23	.500	2 1/2
Baltimore	21	24	.467	4
CENTRAL DIVISION				
	W	L	Pct	GB
Cleveland	29	15	.659	—
Detroit	23	23	.500	7
Kansas City	22	24	.478	8
Chicago	22	26	.458	9
Minnesota	15	30	.333	14 1/2
WEST DIVISION				
	W	L	Pct	GB
Texas	24	23	.511	—
Los Angeles	24	24	.500	1/2
Seattle	22	24	.478	1 1/2
Oakland	22	25	.468	2

Last night's results

Boston at Cleveland

Tampa Bay at Detroit

Toronto at N.Y. Yankees

Chicago White Sox at Texas

Seattle at Minnesota

Oakland at L.A. Angels

Tonight's games

Boston (Beckett 3-1) at Cleveland (Carmona

3-4), 7:05 p.m.

Kansas City (Duffy 0-0) at Baltimore (Britton

5-2), 7:05 p.m.

Tampa Bay (W.Davis 4-4) at Detroit (Verlander

4-3), 7:05 p.m.

Toronto (R.Romero 4-4) at N.Y. Yankees

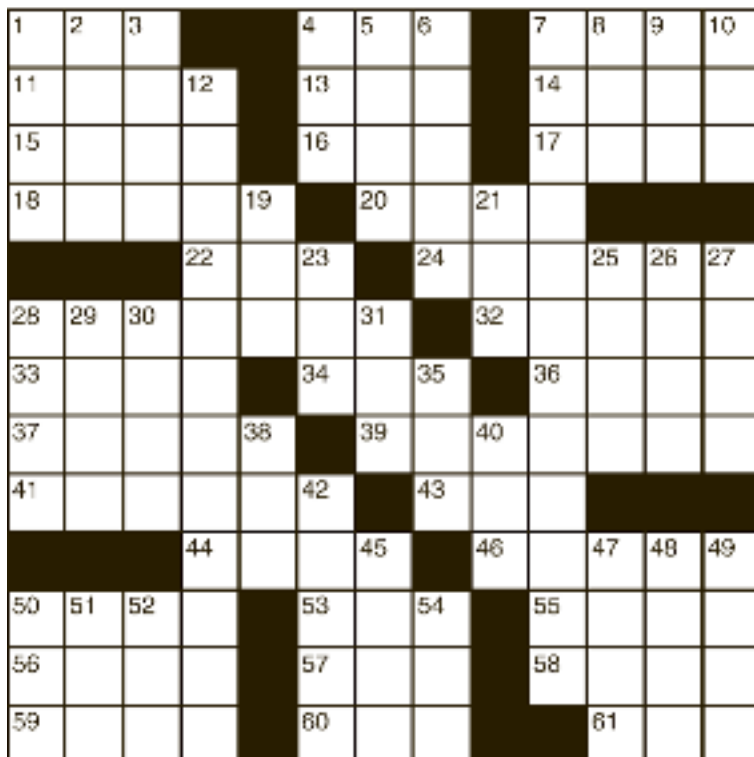
Crossword

Across

1 Aries animal
4 Mariner's venue
7 Dutch cheese
11 Notion
13 Peculiar
14 Loosen
15 Witty poet Ogden
16 Zero
17 React in horror
18 Southern speech
20 Neap, for one
22 Charged particle
24 Looseleaf notebook
28 Green-eyed
32 Paris river
33 Eager, and then some
34 Spigot
36 Contemporary of Virgil
37 Whom Jason jilted
39 Transport to Oz
41 Tangles
43 Trouble
44 Mr. Gingrich
46 Broomstick passenger
50 Apple's center
53 Noah's boat
55 Traditional tales
56 Renders speechless
57 Regret
58 Ogler's look
59 Charlotte's creations
60 "Family Guy" daughter
61 Newcomer to society

Down

1 Peel
2 Hebrew month



3 Small plateau
4 Bart, to Homer
5 Tend texts
6 Wing it
7 12-Down playwright
8 "CSI" evidence
9 Billboards
10 Swab the deck
12 Comedy that debuted on Broadway in 1933
19 Privy
21 Affront (SL)
23 Kook
25 Prima donna
26 Oklahoma city

27 Start over
28 Gets stuck
29 Divisible by two
30 Verdi opera
31 Perched
35 "Wham!"
38 Hearty brew
40 Tier
42 Honey bunch?
45 Verifiable
47 — the line (be-haved)
48 Saskatchewan tribe
49 KFC additive
50 Crow's cry
51 Have debts

52 CSA soldier
54 Small barrel

► Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►



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big lil sis, I love you! I will miss you so much! Have a great time :) LIL BIG SIS

LovesTrains

Hey babe, I just want you to know how much I miss spending time with you. Lets go for a long drive like we used to. Love, MISS

My Best BBM Friend (aka Cutie) Metro knows & so do I! I love being around you too. You just don't know how much you mean to me... UR SECRET ADMIRER

ChuckyCC

I could not help myself babe I called your "wife". she knows what's happening now we can focus on US. I came back early, was not having any fun. miss you. ps don't be mad someone had to do the dirty work. she says she knew the truth anyway I am ready to make a move, are you? TIFFANY

Today's horoscope

♈ Aries March 21-April 20

Someone new will come into your life, someone who brings fun.

♉ Taurus April 21-May 21 You need to come down to earth a bit and deal with matters of a practical nature — especially money.

♊ Gemini May 22-June 21 Follow your instincts and don't be afraid to change direction. Your head and heart are in harmony.

♋ Cancer June 22-July 22 If you want to make sense of recent events, you will have to stand back and put them in a wider context.

♌ Leo July 23-Aug. 23 If you want to accomplish more than you have, you must work as part of a team.

♍ Virgo Aug. 24-Sept. 22 An idea you had recently is growing in your mind and you know that it could transform your life.

♎ Libra Sept. 23-Oct. 23 Start looking forward to all the good things that will very soon be coming your way.

♏ Scorpio Oct. 24-Nov. 22 The more you try to give up a habit, the more you end up enslaved to it. Accept it as part of your nature.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21

Flattery may work to an extent but you also need to show people what's in it for them.

♑ Capricorn Dec. 22-Jan. 20 . Don't let sentiment play a part in your judgment: Results are far more important than your feelings.

♒ Aquarius Jan. 21-Feb. 18

Lingering feuds must be swept away. There's no time for them.

♓ Pisces Feb. 19-March 20. Make sure loved ones still have a prominent role in your future plans. SALLY BROMPTON

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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08 Volvo C30

- Load, A/C, Auto
- st: 32010
- km: 43228

\$18,650

\$170***
Bi-weekly



06 Nissan X-Trail XE

- Load, A/C, Auto
- st: 31654
- km: 73849

\$11,650

\$123***
Bi-weekly



07 Accord SE

- Load, A/C, Auto
- st: 31926
- km: 88855

\$12,740

\$116***
Bi-weekly



10 Suzuki SX4

- Load, A/C, Auto
- st: 31749
- km: 94151

\$11,740

\$95***
Bi-weekly



08 Sienna LE

- Load, A/C, Auto
- st: 29575
- km: 71184

\$19,950

\$182***
Bi-weekly



07 Lincoln MKZ

- AWD, Load, Roof, Lthr, Auto
- st: 31917
- km: 53353

\$19,870

\$181***
Bi-weekly



07 Miata MX-5 Coupe

- Convertible, Load, A/C, Auto
- st: 32058
- km: 56326

\$19,970

\$182***
Bi-weekly



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10 Mustang Convert

- Load, A/C, Auto
- st: 31839
- km: 53533

\$23,850

\$185***
Bi-weekly



08 Gr. Caravan SE

- Stow N Go, Load, A/C
- st: 31772
- km: 92834

\$13,450

\$123***
Bi-weekly



07 Calibre SXT

- Load, A/C
- st: 31790
- km: 82291

\$8,780

\$80***
Bi-weekly



07 Montana SV6

- Load, A/C
- st: 31570
- km: 94151

\$9,370

\$85***
Bi-weekly



07 Mazda3

- Std
- st: 31970
- km: 81193

\$8,260

\$75***
Bi-weekly



08 Saturn Astra EX

- Load, A/C, Std
- st: 31916
- km: 31337

\$9,980

\$91***
Bi-weekly



08 Mini Cooper

- Convert, Load, A/C, Lthr, Auto
- st: 32052
- km: 35383

\$23,450

\$205***
Bi-weekly



07 Camry LE

- Load, A/C, Auto
- st: 31960
- km: 94029

\$12,960

\$118***
Bi-weekly



09 Kia Rio

- Load, A/C, Std
- st: 31178
- km: 44890

\$9,960

\$81***
Bi-weekly



07 Compass Sport

- Load, A/C
- st: 31709
- km: 94154

\$9,950

\$91***
Bi-weekly



09 PT-Cruiser

- Load, A/C, Auto
- st: 31807
- km: 59071

\$8,950

\$72***
Bi-weekly



08 Pontiac G5 Coupe

- A/C, Auto
- st: 31249
- km: 68951

\$8,650

\$79***
Bi-weekly



08 Ford Escape XLT

- Load, A/C, Auto
- st: 11032-A
- km: 55221

\$14,840

\$135***
Bi-weekly



09 Civic DX

- Load, A/C, Auto
- st: 29980
- km: 52024

\$14,450

\$117***
Bi-weekly



07 Sebring

- Load, A/C
- st: 31515
- km: 86262

\$9,680

\$88***
Bi-weekly



07 Ford Focus SE

- Load, A/C
- st: 31662
- km: 78401

\$6,980

\$64***
Bi-weekly



06 Sportage LX

- 4WD, Load, A/C
- st: 31281
- km: 109845

\$9,980

\$105***
Bi-weekly



06 Swift

- Load, A/C
- st: 31979
- km: 67317

\$6,940

\$73***
Bi-weekly



09 Nissan Sentra

- Load, A/C, Auto
- st: 31940
- km: 60388

\$11,980

\$97***
Bi-weekly



09 Matrix

- Load, A/C, Auto
- st: 31893
- km: 64380

\$13,950

\$113***
Bi-weekly



07 Mazda5 GS

- Load, A/C
- st: 31804
- km: 91365

\$9,980

\$91***
Bi-weekly



08 Elantra

- Std
- st: 31585
- km: 87573

\$7,380

\$67***
Bi-weekly



07 Golf City

- Std
- st: 31531
- km: 74669

\$8,960

\$82***
Bi-weekly



07 Toyota Yaris

- Auto
- st: 31909
- km: 84941

\$8,350

\$76***
Bi-weekly



07 Patriot Sport

- Load, A/C, Auto
- st: 31996
- km: 76411

\$10,860

\$99***
Bi-weekly



07 Saturn Vue

- Load, A/C, Auto
- st: 31989
- km: 51908

\$10,950

\$100***
Bi-weekly



08 Solara SLE Convert

- Load, Lthr, NAV, Auto
- st: 31805
- km: 58333

\$24,850

\$218***
Bi-weekly



07 Cadillac CTS

- Load, Roof, Lthr, Auto
- st: 31861
- km: 65248

\$17,840

\$162***
Bi-weekly



08 Ford Ranger Sport

- Load, A/C, Auto
- st: 32037
- km: 58194

\$12,470

\$114***
Bi-weekly



07 Altima 2.5S

- Load, A/C, Auto
- st: 32004
- km: 93642

\$11,970

\$109***
Bi-weekly



07 Saab 9-3

- Load, A/C, Roof, Auto
- st: 32005
- km: 50906

\$14,950

\$136***
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